



HHC-FRG

ROARING LION

August 2005

HHC-FRG, Back In Action.

FRG Leadership

CPT Frank Townsend

ISG Robert Frazier

Jessica Elzie,

FRG Coordinator

Kaya Townsend,

Asst. Coordinator

HHC has a new commander, CPT Frank Townsend, and he is revitalizing the Family Readiness Group, along with ISG Sgt Robert Frazier, FRG Coordinator, Jessica Elzie, and Asst. Coordinator, Kaya Townsend.

The first FRG meeting took place on Thursday, July 7, 2005, and one thing was firmly established; assistance is needed to make the FRG a success! Volunteers are needed to fill key roles, though not necessarily time consuming ones, to assist our leaders. Currently, the FRG is in need of a Secretary, Treasurer, and Hospitality person to welcome new Prime Power families to Ft. Belvoir.

New to the area? Don't know what to do or where to go? Are your children in need of playmates? FRG involvement is a great way to make new friends for yourself and your children, learn about the area, and most importantly to provide support to other military families and single soldiers.

HHC-FRG meetings will take place the second Tuesday of each month at 7:00 pm. They will be held at in the Headquarters classroom on the second floor.

CHILDREN ARE WELCOME, so don't worry about getting a sitter.

To volunteer your time, please contact Jessica Elzie at 703-912-1375 or Kaya Townsend at 540-710-1909.



Cosmic Bowling!

Ft. Belvoir Bowling Center has glow in the dark Cosmic Bowling every Saturday night from 5:30 to close.

Cost is \$4.25 per game and \$2.00 for shoe rental.

A New Face In The 249th

On July 13th, 2005, the 249th said goodbye to LTC Ryscavage and welcomed the new commander, LTC Andrew Backus. Welcome to the Backus family!

Read All About It!

Do you have some news that you would like to share or know of any upcoming events in the area that might interest other families?

Please email Angela Pannier with the information, so that it can be included in the Roaring Lion Newsletter. In the subject, please refer to the FRG .

angelapannier@hotmail.com

FRG Fundraisers

During Black Lion week, the FRG held a bake sale, hot dog sale, and soda sale, raising \$150.00. Thank you to Mrs. Reed, CSM McKenna, Mrs. Townsend, Mrs. White, Mrs. Anneheim, Mrs. Martin, Mrs. Ells, ISG Frazier, and CPT Townsend for their donations of goods and time.

At the August FRG meeting, it was decided to create a 249th Cookbook. The book will contain recipes submitted from members of the 249th, past and present, and will be available for purchase in November. It is requested that everyone send in at least one recipe (preferably more) that others might enjoy.

Please submit your favorite or most unusual recipe as soon as possible to Martha Lehmann via email at mjblehmann@excite.com. You may also mail your recipe to Martha:

Martha Lehmann

1001 Hickory Ct.

Fredericksburg, VA 22403

The money earned will be used to fund the Battalion Holiday party. Thanks to Martha for the wonderful idea and to all those who volunteered to work on the committee.

249th Golf Tournament

On July 10, 2005, members of the 249th met at Meadow Farms Golf Course in Fredericksburg to participate in a Golf tournament held in honor of LTC Ryscavage's departure. The tournament was open to all who wished to participate, regardless of experience, for camaraderie and fun. Another tournament will be held on October 5, 2005 at 1:00 at the Medal of Honor Golf Course in Quantico to benefit the FRG. It is open to anyone who would like to participate, so bring a friend! The entry fee is \$50.00 per person which includes game, golf cart, and food. A sleeve of three 249th golf balls will be given to each participant at the end of the tournament. \$10.00 of each entry fee will go to benefit the FRG.



What's Happening?

Army Family Team Building

AFTB will host an evening Level I class Aug. 23-25, 5:30 p.m. -8:30 p.m. Level I is a 3-day class which covers the Army life, improper use of chain of command, military and resources. includes information on family readiness benefits and supporting education. may be reimbursed - more information. Classes are held in the AFTB classroom, Bldg. 1153, Gunston Road, next to the Dunkin Donuts. Call (703) 805-5556 or email Carol.Janer@belvoir.army.mil.



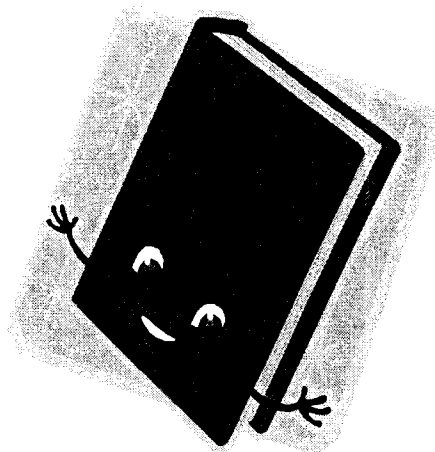
basics of including the acronyms, mand, and community Level I also information on nesses groups, entitlements your child's Childcare bursed - more information. Classes are

Van Noy Library

Children and parents can enjoy the bright atmosphere of the Children's Library, where they can find books and participate in story-hours. The circulating video collection includes a wide selection of children's films.

Hours are:

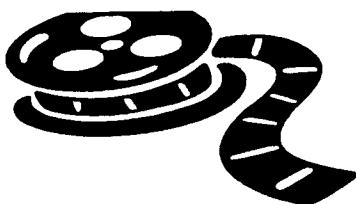
Tue 10 am - 7 pm
Wed 10 am - 7 pm
Thur 10 am - 7 pm
Fri 9 am - 6 pm
Sat 8:30 am - 5 pm



USO

Movie Night with USO

Join the USO Group for a free movie night Wednesday, "The Pacifier" with Vin Diesel, with complimentary popcorn at Sosa Community Center, 9800 Belvoir Rd. from 6 to 8 p.m. movie will be given away at the end of the night as prize. Everyone is invited and children are welcome! Movie is rated PG. For more information, call Linda Ricks at



corn at Sosa Community Center, 9800 Belvoir Rd. from 6 to 8 p.m. movie will be given away at the end of the night as prize. Every-

Morning coffee

The USO hosts a morning coffee every Wednesday from 10 a.m. - noon at the Sosa Community Center. Come find out about upcoming activities, as well as free and reduced tickets. Come enjoy refreshments, and your chance to go home with a prize. Children are welcome.

ACS PROGRAMS

Newcomers Orientation

If you are new to the Fort Belvoir area, ACS hosts a Newcomers Orientation on the first Monday of every month from 0900-1130 at the Sosa Community Center. If the 1st Monday is a federal holiday, the orientation will be held the following Monday.

Foreign-born Spouse Group

ACS Relocation offers a Foreign-born Spouse group. If you are a spouse who was born outside of the U.S., call ACS at 805-3436 for more information about this group.

Play Morning at Fort Belvoir

Every Wednesday and Thursday

Time: 9:30 a.m. - 11:30 p.m.

Location: YS Building (Bldg #1003)at 5850 Langfitt Loop, Ft. Belvoir

Group Leader: Melissa Cole

For information, call (703) 866-1028

Immunization records required for all children. Parents and children 6 years and under are invited to join in a stimulating play environment focusing on gross motor skill development and socialization of children. Each FREE play session ends with a songtime and a snack. Summer sessions vary, call ahead for details.